



Turbot & St Enodoc Asparagus Menu

Roast Tronçon of Turbot

turbot roasted on the bone, with bone marrow
gravy and chives, minted potatoes and
St Enodoc asparagus

Sticky Toffee Pudding

with Cornish clotted cream from Trewithen Dairy

Roast Tronçon of Turbot

You will need

Non stick pan, baking tray, 2 saucepans

Ingredients

- Turbot - **(fish)**, thyme
- Bone marrow gravy - beef stock, beef, white wine **(sulphites)**, shallot, Worcestershire sauce **(fish)**, soy sauce **(soya)**, Dijon mustard **(mustard)**, sherry vinegar **(sulphites)**, lemon juice, chives
- Baby potatoes - potatoes, mint, butter **(milk)**
- Asparagus

(allergens in bold)

Cooking Instructions

1. In a non stick pan on a medium high heat, heat 2 tablespoons of vegetable oil.
2. Season the turbot with salt, and fry in the oil until the skin is coloured on both sides.
3. Place the turbot on a baking tray, put into an oven heated to 180°C and roast for 8 - 10 minutes.
4. Whilst the turbot is roasting, heat the potatoes in a pan of simmering water for around 8 minutes, or pierce the bag and microwave until piping hot.
5. Gently warm the bone marrow gravy in a small pan.
6. Pour 500ml of oil in a pan that fits the whole asparagus stalks, put on low heat. Place the asparagus in the pan, cover and cook for 5-6 minutes until soft. Lift out the asparagus, drain and season with sea salt and pepper.
7. When your turbot has finished cooking, serve on warmed plates with the bone marrow gravy, asparagus and potatoes.

Sticky Toffee Pudding

Ingredients

- Sticky toffee pudding - butter **(milk)**, eggs **(eggs)**, plain flour **(gluten)**, stoned dates, water, bicarbonate of soda, baking powder, vanilla extract, greasing spray **(soy)**
- Sauce - double cream **(milk)**, dark muscovado sugar, butter **(milk)**
- Clotted cream **(milk. see pack for details)**

(allergens in bold)

Cooking Instructions

1. Place the pudding in the microwave for three minutes (with the lid on but not fastened) or pop into the oven in a heatproof dish with a lid for 12 minutes at 180°C.
2. Serve the pudding with the sauce poured over.
3. Spoon over the cream.



Watch Jack Stein cook the main course here.

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